Local pg 3

Cognac fit for a king — or the right buyer

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VANCOUVER • TUESDAY, DECEMBER 2, 2008 metronews.ca

Celebrity Buzz

Winehouse's hubby set to leave: Report

pg 14

It's a done deal

CHRIS WATTIE/REUTERS

Liberal Leader Stéphane Dion, centre, smiles as NDP Leader Jack Layton, left, shakes hands with Bloc Québécois Leader Gilles Duceppe yesterday on Parliament Hill in Ottawa.

Dion to head Liberal-NDP-Bloc coalition after federal parties sign historic pact

The leaders of the three federal opposition parties signed a historic deal yesterday to bring down the minority Conservative government and then form a coalition government of their own.

The Liberals, New Democrats and separatist Bloc Québécois say Prime Minister Stephen Harper's Conservatives — who won a strengthened minority in an Oct. 14 election — are not doing enough to help Canadians cope with the worsening financial crisis.

One of Harper's ministers called the deal "a coup d'état" and suggested the government could temporarily shut down Parliament in response.

In a scene unprecedented in Canadian political history, the Liberals and New Democrats sat down in one of Parliament's most stately rooms and signed a formal coalition deal.

The two parties, vowing to work together until June 30, 2011, will divide cabinet posts. The Bloc signed an agreement promising to back a coalition government for at least 18 months.

A confidence vote has been set for next Monday. The proposed coalition government would be the first of its kind in modern Canadian history.

Cabinet

- The deal calls for a 24-member cabinet, with 18 seats going to the Liberals and six to the New Democrats.

The opposition promised a stimulus package that would help the economy for two years and said they would help the ailing auto sector.

The parties agreed that Dion — who led his party to a big defeat in the Oct. 14 election — would head a coalition government if it were formed.

Harper, speaking before the deal was signed, accused his rivals of trying to subvert democracy.

If he loses the vote next Monday, he will be obliged to see Gov. Gen. Michaëlle Jean and will most likely ask for new elections. Constitutional experts says she would almost certainly turn him down and ask the opposition if they could govern.

REUTERS

MORE COVERAGE PGS 4, 7

Watch how an economic stimulus played a crucial role in the coalition deal at metronews.ca/Canada

Man arrested in alleged rape, home invasion

CHARGES A woman was allegedly raped during a home invasion in southeast Vancouver, police said yesterday.

The alleged sex assault occurred during the second of two home invasions near 41st Avenue and Rupert Street early Friday morning.

In the second incident, only a few blocks from the first, a man broke into a house and threatened three roommates with a weapon.

Two of the roommates ran and called 911, but a third, a 27-year-old woman, was unable to escape and was allegedly raped by the intruder, said Vancouver Const. Tim Fanning.

Police arrived as the man was fleeing the home in a stolen Jeep. He abandoned the vehicle and was captured by a police dog.

Neil George Nepiak, who is well known to police, is facing charges of sexual assault, possession of stolen property and two counts of robbery and break and enter.

JEFF HODSON/METRO VANCOUVER

SmartCookies pg 8

Bartering is the new cash

Health pg 11

Myths, facts about HIV

Memorial service held for 2 brothers

KRISTEN THOMPSON
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CRASH A memorial service was held yesterday at St. Francis of Assisi Elementary School in Vancouver for two young brothers who were students there. They were killed in a car crash on Highway 1.

The boys, ages six and nine, were in a van with their eight- and one-year-old brothers, their mother, grandmother, and two other female family members when it broke down in the high-occupancy vehicle lane on Saturday.

The van was rear-ended by a BMW, which spun out of control and was then hit by a Toyota.

The boys died in hospital on Sunday, and their eight-year-old brother is clinging to life in hospital.

The family members are parishioners at St. Francis of Assisi Church on Napier Street.

"The boys' (parents) continue to ask for privacy at this very difficult time and through the RCMP have asked that the public please pray for their little boys," said Cpl. Peter Thiessen.

"A complete mechanical inspection will be done on the minivan … to determine why it filled with smoke and came to a stop."

The two drivers who crashed into the minivan were travelling alone in their cars in the HOV lane, and will likely be fined $121.

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Former British PM Tony Blair to speak at Surrey summit
Former British prime minister Tony Blair will be the keynote speaker at next year's Surrey Regional Economic Summit. This year's summit featured former New York mayor Rudy Giuliani. METRO VANCOUVER

Local

Charges laid despite smashed confession

An Abbotsford man who admitted to ICBC that he lied about a claim had second thoughts after the confession and smashed the investigator's digital recorder. The recording remained intact and the man has been charged with fraud. METRO VANCOUVER

Public hearing called into cops' no-show

INQUIRY A public hearing has been called to assess the actions of two West Vancouver Police officers who didn't show up at their disciplinary hearing in November. The hearing was to inquire into their handling of a drunk-driving investigation involving a fellow officer who was arrested after rear-ending a car. METRO VANCOUVER

Trial for dad accused of killing kids opens

TRIAL A man accused of killing his three children in Merritt appeared in a Kamloops court yesterday for the opening of his preliminary trial. Allan Schoenborn, 40, was found in the woods in April following a 10-day manhunt after his children were found dead in their home.

METRO VANCOUVER

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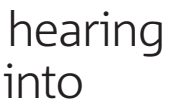
What's online today.

Watch an economic stimulus play a crucial role in coalition deal at **metronews.ca/canada**

Read Allan Small's Investment Perspective on how anticipation of automaker bailout buoys North American markets at **metronews.ca/investing**



JEFF HODSON/METRO VANCOUVER

Dan Volway, the brand ambassador for Remy Martin Louis XIII, unveils a $35,000 bottle of Black Pearl cognac at the signature B.C. Liquor Store in Vancouver yesterday.

Cognac befits expensive tastes

JEFF HODSON
jeff.hodson@metronews.ca

ALCOHOL A bottle of booze costing more than an average person's car went on sale in Vancouver yesterday.

Priced at a hefty $35,000 (about $690 an ounce), a magnum of Remy Martin Louis XIII Black Pearl cognac was unveiled at the B.C. Liquor Store at Cambie Street and 39th Avenue.

The Liquor branch claims the bottle — one of 358 produced and one of 15 allocated to Canada — is the most expensive ever sold in B.C.

Dan Volway, the Louis XIII brand ambassador, said similar bottles are selling in the United States for around $40,000 US.

Volway said older eaux-de-vie is rare and he expects it to sell, despite the economic downturn. He suggested a casino or hotel would be the most likely buyer.

The Black Pearl cognac is drawn from a single French-oak barrel that was casked more than 100 years ago.

The magnum is made of hand-blown Baccarat crystal overlaid with a thin layer of titanium.

News in brief

BALLET Nearly 40 per cent of tickets for the Nutcracker have been sold, Ballet B.C. announced yesterday. The show will run from Dec. 28 to Dec. 31 at the Queen Elizabeth Theatre. The company announced last week it laid off all its staff and dancers because of slow ticket sales.

BLOOD Canadian Blood Services are offering holiday gift cards throughout December for donors to pick up and pass on to friends, family and colleagues. The cards will be available at all B.C. blood donor clinics.

ROBBERY The Chilliwack RCMP are thanking two quick-thinking Tim Hortons customers who subdued a man who tried to rob the store, and held him there until officers arrived. Police said the 28-year-old man is also likely the suspect behind a robbery at a McDonald's a few hours earlier.

METRO NEWS SERVICE

Gentle toast to Sullivan

Board of Trade luncheon honours outgoing mayor

JEFF HODSON
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As meals went, the Board of Trade's luncheon to honour outgoing Mayor Sam Sullivan was a bit starchy — all toast, no roast.

About 300 people, including Sullivan's parents and his partner Lynn Zanatta, attended the early afternoon event at the Westin Bayshore in Coal Harbour yesterday.

"It felt kind of like going to my funeral. I was very worried about the roasting part," said Sullivan, who had little to worry about from the gentle toasting he took at the hands of Rick Hansen, NPA Coun. Suzanne Anton, SUCCESS CEO Tung Chan and Lorne Segal, president of Kingswood Properties.

"It felt kind of like going to my funeral. I was very worried about the roasting part."
Sam Sullivan

Former talk-show personality Vicki Gabereau hosted the event, and at one point told Sullivan to be thankful he still had a full head of hair.

Hansen recounted how Sullivan had called him up and asked for an adapted sailing boat that was given to Hansen by former British prime minister Margaret Thatcher.

Sullivan used the boat to form the Disabled Sailing Association of B.C.

Anton, the lone NPA councillor to survive last month's civic election, described what she called a "Sam glow" look that creeps across Sullivan's face when he thinks about his accomplishments as mayor.

JEFF HODSON/METRO VANCOUVER

Outgoing Mayor Sam Sullivan at a roast at the Westin Bayshore in Vancouver yesterday.

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Iran to Canada: Look in the mirror first
Iran accused Canada yesterday of violating the rights of its indigenous people, after Ottawa proposed a UN resolution condemning human-rights violations in the Islamic Republic. REUTERS

9-1-1 TIP OF THE DAY

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Canada

Nestle faces ad complaint

Environmental groups have filed a misleading-advertising complaint against Nestle, disputing claims in an ad by the company that its bottled water has numerous ecological benefits. The groups said Nestle Waters Canada contravened the Canadian Code of Advertising Standards "by making false and misleading statements" in full-page newspaper ads in October. REUTERS

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NDP ask RCMP to look into tape

Layton wants answers for Tory transcript

The New Democrats have asked the RCMP to investigate a possible breach of the Criminal Code after a caucus teleconference was intercepted by a Tory MP and released to the media.

The NDP said in a letter to the Mounties that Conservative British Columbia MP John Duncan recorded the conversation when he "was neither the originator nor the intended recipient of the communication," even though an email was mistakenly sent to him inviting him to take part.

"I request that the RCMP initiate an investigation into a possible violation of the Criminal Code of Canada as a result of the interception and recording of the communication," Anne McGrath, chief of staff for NDP Leader Jack Layton, stated in the letter sent out yesterday.

Officials in the Prime Minister's Office handed out copies of the recording on Sunday to reporters, claiming the tape showed Layton and Bloc Québécois Leader Gilles Duceppe had conspired some time ago to topple the Conservative government.

But both parties maintain their negotiations did not begin until after the Conservative government released last month's throne speech and that things ramped up after the government's controversial economic update.

TORSTAR NEWS SERVICE

Ottawa **Defending the arts**

TIM WIECLAWSKI/METRO CANADA

More than 200 people packed into Ottawa's council chambers yesterday to protest proposed cuts to arts funding. The nation's capital is proposing a $4.1-million cut to arts funding as part of overall spending cuts that add up to $35 million, while property taxes would be hiked by 4.9 per cent.

News in brief

MANITOBA Nathan Boryskavich, 43, of Belmont, Man., died Saturday after being hit with pepper spray by RCMP in The Pas, Man., CBC New Online reports. Police had arrested Boryskavich, but say he became combative and pepper spray was used against him.

NOVA SCOTIA Hundreds of fishermen blocked roads and ports to keep lobsters from leaving Nova Scotia yesterday. The strike began in the morning as rumours of another dip in the price of lobster spread over ship radios.

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Economy no excuse to stall on climate plans, UN delegates say
The economic slowdown is "no excuse" to neglect a fight against global warming that could widen water shortages to half of humanity by 2050, delegates told the opening of UN climate talks in Poland yesterday. REUTERS

World/Business

News in brief

THAILAND Two Canadians were killed and three injured yesterday when their van crashed on the way to catch a flight out of Thailand. In a statement yesterday, Canadian Foreign Minister Lawrence Cannon said around 1,000 Canadians are affected by upheaval in Thailand.

POLITICS U.S. president-elect Barack Obama's choice of Hillary Clinton as secretary of state gladdens Israel, but does not overjoy Arabs and Iranians keen for a new start after eight years of perceived U.S. calamities. Obama announced his national security team in Chicago yesterday.

ITALY Large parts of Venice were flooded yesterday as heavy rains and strong winds lashed the city, which is experiencing its highest water levels in 22 years. Ferry and water taxi services were suspended, and Venice's mayor urged people to stay indoors. REUTERS

India demands action

India demanded Pakistan take decisive action over deadly attacks in Mumbai it said were carried out by militants from its nuclear-armed rival, while the West urged co-operation.

U.S. Secretary of State Condoleezza Rice and Arab League Secretary-General Amr Moussa both were due in New Delhi, with the militant attacks that killed 183 people threatening to reverse improving ties with Pakistan.

India's foreign ministry said yesterday it called Pakistan's envoy to New Delhi and told him attackers, who investigators said had months of commando training in Pakistan, had come from there.

"It was conveyed to the Pakistan high commissioner that Pakistan's actions needed to match the sentiments expressed by its leadership that it wishes to have a qualitatively new relationship with India," a foreign ministry statement said.

Investigators said the militants were trained by the Lashkar-e-Taiba group, blamed for a 2001 attack on India's parliament. Pakistan yesterday rejected what it called unsubstantiated allegations of complicity in the attacks, REUTERS

Tourism threat

- Tourist arrivals in India are set to fall by up to 15 per cent this season after Islamist militants went on a three-day rampage in Mumbai, tour operators said yesterday.

More AIDS tests urged for babies

HEALTH The United Nations yesterday urged countries around the world to expand screening of newborn infants exposed to the virus that causes AIDS.

"Without appropriate treatment, half of children with HIV will die from an HIV-related cause by their second birthday," Ann Veneman, executive director of UNICEF, said about a new UN AIDS report launched in New York.

The report warned that pregnant women were not receiving sufficient counselling and other resources necessary to teach them about contraception and safer infant feeding.

It said many children less than a year old were dying of AIDS-related illnesses before they are even tested for HIV. REUTERS

Business

Air Canada gets quick cash

Air Canada said yesterday that Groupe Aeroplan Inc., the operator of the airline's frequent-flyer plan, has agreed to speed payment for reward tickets issued under the plan, raising $70 million for the cash-strapped carrier.

Air Canada said in a statement the payment is for reward tickets issued by Aeroplan through May 29, 2009. The airline said Air Canada and Aeroplan have also agreed to unspecified "commercial terms that are beneficial to both parties."

Air Canada said the deal was a part of a move to improve short and long-term liquidity by "both traditional and nontraditional means."

Last month the airline said it had $1.114 billion in cash on hand, not far above the $1 billion Air Canada said it considered to be a comfortable amount, and it planned to take steps to raise additional money.

"Air Canada has indicated they are looking for new sources of liquidity," said Cameron Doerksen, an analyst at Versant Partners. "This is obviously part of that plan."

Air Canada's class A shares fell 26 cents, or 12 per cent to $1.94 at midday yesterday on the Toronto Stock Exchange, while Groupe Aeroplan dropped 64 cents to $7.24. REUTERS

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Comment & Views

Comment

PM down for the count

NationalReport

A week ago Stephen Harper was sitting pretty. He could comfortably look ahead to another long-lasting minority government.

There was no appetite in the opposition ranks to bring his government down.

But Stephen Harper, or Stephen Hubris as he is sometimes called, can't help himself. His brutally partisan and spiteful political instincts have too firm a grip on his soul. At a time of global economic crisis, at a time when cheap political partisanship should have been forgotten, he attempted a naked political power grab that has sealed his doom.

These types of leaders are usually described as political animals. But that's nowhere near strong enough for this PM. With this guy, there is no sense that politics is the pursuit of enlightened public policy. Rather, it is total Macbethian bloodsport. It's about sucking the political blood out of every opponent in sight. He thrives off it, lives off it. He's Count Stephen, political vampire.

And we can probably say now that the Count has given himself an expiration date.

(Harper) attempted a naked political power grab that has sealed his doom.

For a while he can run and consult his party's dirty-tricks handbook (200 pages) and hide.

He can avoid a confidence vote and the possibility of a weird and wobbly coalition government by proroguing parliament. That would risk derision for Mr. Harper, as in "Look at the coward run."

And if he goes that route, it means he would have to come back with another throne speech early in the year. The opposition could vote him out then or, following that, on his budget. Meanwhile, having made such a colossal miscalculation on his economic statement, the daggers in his own party will soon be out for him. There was already uneasiness with him for his failing to win a majority when conditions seemed so right in the last campaign.

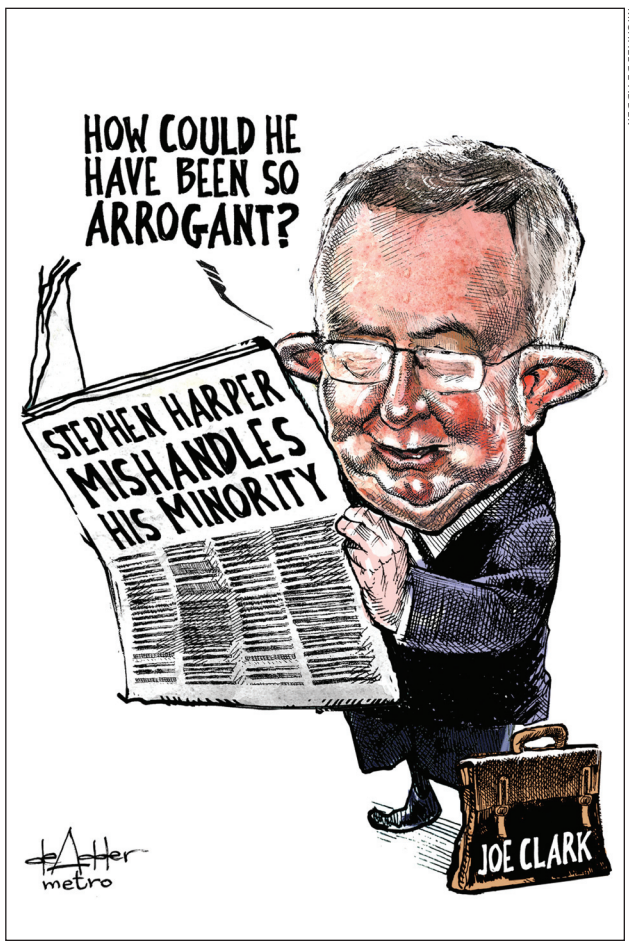
His one hope is that the Governor General buys the line that a coalition dependent on a separatist party for survival is not a viable option and calls another election.

Who knows what would happen then, if there was another campaign.

The disgust among Canadians would be incalculable.

Anyone could win, including Count Stephen.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Protecting arts funding should be a priority in Canada

Melanie Doane

I attended a rally over a month ago. The goal was to unite the artists of this country and remind them to vote for culture and that together, we have a strong voice, and we need to use it.

The election is over now, but I would like to see us hold on to the momentum and learn a lesson from our Québécois contemporaries. Our prime minister has said that ordinary people are not interested in art.

He lets us know this in spite of his opinion, for he is a music lover and can actually play the piano himself. There's a play I wish Mr. Harper had seen. It's about growing up loving the piano, playing and practising for years only to discover you are not good enough to be a professional musician. 2 Pianos, 4 Hands played to sold-out audiences across Canada and America and continues to be performed on top stages around the world today.

It started with a tiny grant at a tiny theatre, and it's safe to say the investment paid off. Our friends in la belle province understand this.

We need look no further for a great model to continue to improve the relationship between art, business and government.

Melanie Doane is a Juno award-winning singer/songwriter whose new album, A Thousand Night, features Ron Sexsmith, Jim Cuddy and Emilie-Claire Barlow.

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Do the gains/losses dance

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q Two months ago, I sold a condo for a substantial gain. The condo was rented for the past two years. With decline in stock prices, this is a good opportunity to sell some losers to reduce my condo gains. These are solid stocks, so I will have my wife re-purchase them the next day to keep in my portfolio. I'm in the market for the long term. What percentage of my gains are taxed and losses deductible? Manny

A 'Tis the season to be jolly! So, stop weeping when you open your investment statements. Stocks won't increase in value the longer you look at it. Investors in the market for the long-term should not panic, but hold firm. Financial advisors should sharpen their social and hand-holding skills.

Generally, the profits from the sale of real estate are taxed as capital gains. Fifty per cent of the gains are taxed at your marginal tax rate. Capital gains can be reduced with capital losses from other investments such as stocks. Investors can use the sale of shares as a year-end tax planning strategy to either reduce gains or utilize carry-forward losses. Don't wait until Dec. 31! Trades are generally settled in five business days.

However, individuals should consult their financial advisor. The sale of shares that result in a loss when the individual or spouse (or affiliated person) purchases the same shares within 30 days prior to or subsequent to the sale would be considered a "superficial loss." CRA will disallow the deduction and add the loss to the cost base of repurchased shares.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Barter, trade or get it free

SmartCookies

Smart Cookies are all about living the sweet life without the sacrifice. And in recent months, we have needed to become even more creative in getting what we want for less.

So sit up and take note — we've got some savvy suggestions on how to save money on the things you want and, in some cases, even get them for free!

Barter

We all have a special skill or services that we can offer others. Why not barter for other services or products? A family we worked with on our W network show, Smart Cookies, actually bartered their daughter's entire wedding. And one of our Smart Cookies has bartered her marketing services for free personal training sessions. Just be sure that when you do barter, it is a fair trade. If you make $100 an hour and the person you are bartering with does work that is valued at $25 an hour, be sure that you do not do a one-hour swap — if you do, you will be devaluing your work and yourself!

Trade

Check to see if you can get what you are looking for through trading or swapping. There are a number of websites where you can exchange things you already own, and no longer want, for things you do want. The basic premise in which these sites are based is that you provide things you want to get rid of to other people, in exchange for points.

With your points, you purchase items you might want from other individuals. Items up for swapping include books, DVDs, games and baby items. One of our favourites for books is *bookmooch.com*. Also, check out *craigslist.com*, which offers swapping services and posts information about swap meets in your area.

Investing

Allan Small

The week's column gives a market commentary for the past two weeks. Visit metronews.ca

Get together with friends and trade clothes, books and music.

Since coming together as a money group, we have saved thousands of dollars on clothes and other items. Not only do we share our stuff, but we swap as well. Once a season, we get together with our friends and swap everything from clothes, magazines, to beauty products that we no longer need. Not only do you save money, but it is also a great way to get together with girlfriends without spending a ton of cash.

On the House

Who said you can't get anything for free? There are heaps of things that people no longer want but are willing to give away in the interest of recycling and reusing.

Check out *craigslist.com* and *freecycle.ca* for things you might be looking for. We found a brand new medium sized pet carrier (perfect for our pampered pooch Lucy), a beautiful wine rack and even a new couch!

Also, if you are a new parent, tons of companies compete for your business by offering free samples, promotional packages and goodies. Check out *free parentstuff.ca*.

For more ways to save, check out *smartcookies.com* or pick up a copy of our book Smart Cookies Guide to Making More Dough.

If you have questions or suggestions for the Smart Cookies e-mail us at *smartcookies@metronews.ca*.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Ronaldo searchable
Manchester United's Cristiano Ronaldo was named Yahoo Canada's most searched athlete for 2008 yesterday. U.S. swimmer Michael Phelps was second while Sidney Crosby was third. METRO NEWS SERVICES

Sports

Penn State mascot arrested

The Penn State University student who plays the Nittany Lion mascot was arrested on a DUI charge and his status for the Rose Bowl is in doubt, police and school officials said. James Sheep was pulled over by police on Nov. 22, hours before Penn State's 49-18 win over Michigan State, university police Capt. Bill Moerschbacher said yesterday. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Burress posts $100K in bail

NFL New York Giants wide receiver Plaxico Burress faced charges of criminal possession of a handgun yesterday following an apparent accidental shooting of himself in a Manhattan nightclub, prosecutors said. Burress was not asked to enter a plea at Manhattan Criminal Court and posted bail of $100,000 US. The 31-year-old faces two counts of criminal possession of a weapon, including possession of a loaded weapon with the intent to use it unlawfully, prosecutors said. REUTERS

Sports in brief

HOCKEY Quebec police say former NHL all-star Hubert (Pit) Martin died Sunday after his snowmobile plunged into an icy lake. Martin, who was 64, played 1,101 NHL games for Detroit, Boston, Chicago and Vancouver. METRO NEWS SERVICES

Canucks fall in Columbus

NHL RESULT

Blue Jackets 3 Canucks 2

VS

SCOTT RINTOUL
for Metro Vancouver

THE SKINNY: Kristian Huselius scored the game-winner with less than five minutes to go and Steve Mason made numerous spectacular saves as the Blue Jackets beat the Canucks for the second time this season.

THE WHAT IF: Daniel Sedin had a chance to put the Canucks up 3-1 in the third, but his breakaway attempt was turned aside by Mason.

THE SWITCH: Curtis Sanford stopped all 11 shots he faced, but was replaced by Cory Schneider after the first period due to back spasms.

THE NEXT GAME: The Canucks take on the defending champs for the third time in 15 games when they face the Red Wings in Detroit on Thursday.

MATT SULLIVAN/REUTERS

Kristian Huselius celebrates after scoring his game-winner against Cory Schneider last night.

Changes looming for Oil

YorkReport

Marty York
marty.york@metronews.ca

Brace yourself for a major shakeup involving the Edmonton Oilers. NHL sources told Metro yesterday the Oilers are poised to complete a significant trade and/or fire coach Craig MacTavish, likely this week.

"They (the Oilers) have come nowhere close to what they expected to be this season and (club chief) Kevin Lowe is extremely annoyed," an NHL source said. "Kevin's just about ready to pull the trigger." The Oilers were supposed to be a contender this season. Oddsmakers reckoned they'd likely qualify for the playoffs. Yet they've turned out to be inconsistent, at best, and are below .500. Pre-season prognostications predicting prolific production from the Oilers' forwards are proving false and it's actually defencemen leading the team in scoring. Edmonton players are bracing themselves for changes, but defenceman Sheldon Souray hopes MacTavish isn't affected. "It's not Mac's fault," Souray said. "It's up to the guys here to bring a little more and be a little more accountable for our production." MacTavish is in his eighth season as the Oilers' coach. Only two of his counterparts — the Buffalo Sabres' Lindy Ruff (11 seasons) and the Nashville Predators' Barry Trotz (10) — have coached their NHL teams longer than MacTavish.

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Enter soon, the contest ends January 30, 2009.

Sunquest.ca
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Self-diagnosis by search engine
Online health information is breeding a generation of cyberchondriacs — people who needlessly fear the worst diagnosis after surfing the Net, says a Microsoft team that studied health-related web searches. **BBC NEWS ONLINE**

Health

Debunking myths about HIV/AIDS

CELIA MILNE
for Metro Canada

Haven't heard much about HIV/AIDS lately? The disease is definitely still with us. "I think there's a misconception that the HIV/AIDS problem has gone away in Canada. And that is not the case," says Dr. Ann Stewart, Medical Director at Casey House in Toronto.

ISTOCKPHOTO.COM

Contracting HIV from touching, hugging or kissing is a myth. It can only be transmitted through semen, vaginal fluid, blood or breast milk.

Every two hours, someone in Canada is infected with HIV. In fact, Ontario has experienced a shocking 75 per cent increase in HIV incidence rates in the last 10 years.

More and more of those contracting the virus are women and young people. And while medications have given many a chance to live their lives, doctors are starting to see premature aging in those who have been taking meds for a long time.

With the recent commemoration of World AIDS Day (yesterday), Casey House and the Toronto People with AIDS Foundation would like to blast some common myths about HIV.

MYTH: I won't get HIV because I'm straight and I don't use IV drugs.
FACT: Most people who become infected with HIV thought it couldn't happen to them. Although gay men and drug users are most at risk for contracting HIV, nearly 30 per cent of new infections in Canada now happen in women.

MYTH: You can catch HIV from mosquito bites, or from touching, hugging or kissing someone who is HIV positive.
FACT: Only semen, vaginal fluid, blood or breast milk transmit HIV.

MYTH: I don't feel sick, therefore I don't have HIV.
FACT: You can have HIV and be symptom-free for many years. In fact, you may be extremely infectious.

MYTH: You can't get HIV from someone who is getting treatment.
FACT: Although treatment can impact the risk of infection, HIV can still be transmitted through unprotected sex with someone who is receiving treatment.

MYTH: A diagnosis of HIV is a death sentence.
FACT: People with HIV are living longer than ever before, but they remain vulnerable to developing AIDS and other serious diseases such as opportunistic cancers, heart disease, osteoporosis and diabetes, and must adhere to careful treatment (and its negative side effects) for the rest of their lives.

MYTH: If I get HIV, I can be cured with treatment.
FACT: There is no cure for HIV/AIDS.

HIV rates

Across Canada:

British Columbia:
- It's estimated there are 12,000 people infected with HIV.

Ontario:
- More than 26,000 people are living with HIV.

Alberta:
- There are about 3,200 people living with HIV/AIDS.

CELIA MILNE/ FOR METRO CANADA

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metro Do it daily.

Corbett hopeful for Sex sequel

Sex And The City star John Corbett is keen to reprise his role in the hit TV show for a sequel to this year's hit movie. Corbett reportedly hopes his character will be able to steal Carrie back from Mr. Big. **IMDB.COM**

Entertainment

Streep honours

Meryl Streep is up for awards in her roles in Doubt and Mamma Mia! at 13th annual Satellite Awards in Los Angeles Dec. 14.

IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

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Entertainment in brief

Britney Spears

YAHOO Barack Obama's presidential victory got more clicks than any other story on yahoo.com this year, but the most searched term was "Britney Spears," Yahoo Inc reported yesterday. In the Top 10 searches, Spears — the most popular search term for seven of the past eight years — was followed by World Wrestling Entertainment and then by Obama, Yahoo said.

MORE ONLINE For DVD reviews of Wanted, and The Chronicles of Narnia: Prince Caspian, go to metronews.ca.

METRO NEWS SERVICES

T-Pain is all about strippers and honesty

JIM REYNO
Metro Canada

T-Pain's got a G-string thing, and he's not afraid to show it.

The 24-year-old hip-hop/R&B star pours his heart and his life into his music. He doesn't hide the facts from anybody — especially his wife.

And the fact is, T-Pain enjoys strippers. He had a hit with I'm N Luv (Wit a Stripper) two years ago. On his new album, Thr33 Ringz, he wrote the song Long Lap Dance to ensure clients get their money's worth at the club.

PHOTO SUBMITTED

T-Pain prides his latest album Thr33 Rings on its honesty.

So is an appreciation of exotic dancers something a married man with two children — and another on the way — should be revealing? Sure!

"My wife is usually in the strip club with me," T-Pain said in a recent interview in Toronto. "I take her where I go. Everything I talk about, she knows. She knows the exact situation sometimes. She knows what stripper I was talking about because she probably got a dance from her, too."

That heart-on (the sleeve, I mean) approach to music permeates Thr33 Rings, which features plenty of catchy hooks, guest stars and strong vocals from T-Pain.

And he doesn't just sing about strippers. The understated, acoustic Keep Going is a shout out to the support he's received from wife Amber and the rest of his family.

Aside from his own projects, T-Pain is a frequent guest on other people's recordings, Chris Brown's Kiss Kiss and R. Kelly's I'm a Flirt (Remix) among the best known.

But whether performing on someone else's recording date or his own, T-Pain approaches the material the same way.

"Just be honest with it," he said. "People want to know you. As an artist, people really want to get to know me. That's why people feel like they know me before they meet me, because I put my whole life on my albums."

Straight up — no apologies.

"It's honesty, man," T-Pain said. "That's why no one can blackmail me."

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YAHOO! CANADA LIFESTYLE
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How to turn him on

Men can be mysterious creatures, especially when it comes to what turns them on. Wouldn't it be great to know exactly what gets him hot? Read what real men say gets them in the mood.

Getting all hot and bothered starts with just getting together. Let your man know when the time is right and he'll be more than happy to skip out on a boys night out in exchange for what you have in mind.

Ask your guy to tell you where he likes to be touched. There are more than just the obvious hotspots. Even better, try to figure it out together.

Being confident in bed is sexy. Don't force something you're not comfortable with. Stick with what feels right and it'll enhance the mood for the both of you.

(continued online...)

To read more, visit lifestyle.yahoo.ca

Ramsay swears he didn't cheat
Chef Gordon Ramsay has spoken out over allegations he cheated on his wife of 12 years, in his own inimitable style, calling the claims "b——." ANANOVA.COM

Five named to Fame faculty

MOVIES Actors Megan Mullally, Kelsey Grammer, Charles S. Dutton, Bebe Neuwirth and Debbie Allen have been tenured. The quintet has been chosen for administrative and teaching roles in the remake of Fame.

All five actors have noteworthy performing arts backgrounds. Mullally, who will play a voice instructor, graduated from the School of American Ballet; Grammer, who will play an orchestra conductor, attended Juilliard; Dutton, who will play an acting teacher, went to the Yale School of Drama; and Neuwirth, who will play a dance teacher, has won two Tonys.

Actress and choreographer Allen, who played dance teacher Lydia Grant in the original film and won a Golden Globe for her role in the spinoff television series, will appear in the updated version as Principal Simms.

Choreographer Kevin Tancharoen will direct the reinvention of the 1980 musical drama about a group of dancers, singers, actors and artists trying to survive four grueling years at New York City's prestigious High School of Performing Arts.

REUTERS

In brief

FILM Tommy Lee Wallace, the writer-director of Halloween III and Fright Night Part 2, is taking horror film fans back to school with Helliversity. Wallace will direct the film, in which a group of American exchange students is terrorized by a vengeful spirit while locked inside a high-security foreign university. REUTERS

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Rosie Live no longer

IntelleVision

Rick McGinnis
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I DIDN'T WANT TO SAY I TOLD YOU SO, BUT ... Like the famous story of the New Yorker movie critic who was shocked at Richard Nixon's reelection since she didn't know anyone who voted for him, I kept reading stories about Rosie O'Donnell's NBC variety show and wondered who would be watching the thing, since I was sure no one I knew was.

Maybe, I wondered, they were just hiding it — like married men who watch porn or women in journalism who liked Sarah Palin — and Rosie's little retro project/labour of love would hit TV like Katrina.

"Tonight, Rosie is offering up what could be the beginning of something big," anticipated Roger Friedman on the Fox News website last week, imagining Rosie Live as — I kid you not — an "American Idol killer."

As much as I might fervently wish to see such a thing, it was never meant to be.

"The faint hope of the rebirth of the variety show died tonight," wrote Michael Rowe on Vanity Fair's web site, among the apparently unanimous post-mortem chorus.

"Rosie, Rosie, what on Earth were you thinking?" wondered Mary McNamara of the Los Angeles Times.

"Were you thinking camp? Were you thinking this will be big and brassy and so-over-the-top even the dancing cupcakes will be irresistible?"

By this point you've probably figured out that no amount of money could have persuaded me to sit through Rosie Live, but the descriptions are intriguing, to say the least.

James Poniewozik describes "Alanis Morissette wearing what appeared to be Celine Dion's hair and wardrobe, singing a ballad while staring upward with unsettling intensity and standing in front of a karaoke video screen of flying geese."

The good news is that, with just 5 million viewers, Rosie will be Live no more.

"No ratings. bad reviews. yet still — a thrill 4 me," O'Donnell wrote on her blog with customary text-messaging economy, as NBC's grimly fascinating death spiral continues with increasing velocity.

Rick McGinnis writes about music, movies, books and television, but not opera.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 12/2/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Biggest Loser: Families (N) (CC)				The Best Years (CC)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Without a Trace (N) (CC)		Criminal Minds (CC)		Law & Order: SVU		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		9B "Drop Out" (CC)		The Daily	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Let Them Eat Cake"		(:01) NCIS "Road Kill" (N)		Kitchen Nightmares (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Pushing Daisies (N) (CC)		(:01) Fringe "Safe" (N) (CC)		Eli Stone (N) (CC)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Privileged (CC)		According-Jim	According-Jim	Hates Chris	Friends (CC)	EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Hollywood Forever"		Privileged (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Road Kill" (N) (CC)		The Mentalist "Flame Red"		Without a Trace (N) (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser: Families (N) (CC)				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Santa Is Coming to Town		According-Jim	According-Jim	Eli Stone (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	La Bamba ★★★ (1987) Lou Diamond Phillips, Esai Morales.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Great Performances (CC)			Roy Orbison & Friends: Black & White Night			My Music: Love Songs of the 50s and 60s		
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Let Them Eat Cake"		(:01) Fringe "Safe" (N) (CC)		(:01) News (N) (CC)		Family Guy
	-	364	43 PBS	Celtic C'mas	Celtic Woman	Dr. Wayne Dyer: The Power of Intention Dr. Wayne Dyer explores the power of intention.						Suze Orman
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65 TLA	NBA Basketball		90210 "Hollywood Forever"		Privileged (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	67 WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser: Families (CC)			Will & Grace
news	502	390	29 NW	Norm Keep him at home.		CBC News: The National (N)		CBC News: The National		Norm Keep him at home.		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	World Poker Tour		Hockey	World Sport	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	Boxing Verno Phillips vs. Paul Williams. (CC)				SportsCentre
	411	457	49 OLN	Which Way to... "Titicaca"		Pilot Guides "South Africa 2"		Don't Forget Your Passport		Survivorman (CC)		Angry Planet
	410	403	50 SCR	NBA Basketball: Raptors at Nuggets			Score Tonight		24/7		Final Score	Final Score
	417	406	55 SC	Unique Whips	Hot Import	Pinks	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips
	416	409	144 GLF	(6:00) Fútbol de España		Gol TV News		Hallo Bundesliga		Paid Program	Kings Club	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	Santa Claus	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Chicken	Rick & Steve
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Sacred Music (N) (CC)		The Museum	Art	Reservation Soldiers (N)		Ranks
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Dance	TBA	MuchTopTens (CC)		Pimp My Ride	disBand	Technical Diff.	Video on Trial	Video on Trial
	600	564	29 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31 A&E	The Rookies	The Rookies	The Rookies	The Rookies	The First 48 (CC)		The First 48 (CC)		The Rookies
	628	584	32 SPKE	UFC Unleashed		MANswers (N)	MANswers	CSI: NY A tiger kills a man.		Star Trek: Voyager "Tuvix"		Deep Space 9
	521	560	34 TLC	Dr. G: Medical Examiner		My Shocking Story (CC)		Mystery Diagnosis (CC)		Dr. G: Medical Examiner		Shocking
	616	522	39 SHO	About a Girl	About a Girl	The Best Years "Vertigo"		Testees (N)	Trailer Park	The Shield "Family Meeting"		House (CC)
	620	523	40 BVO	Bravonews	Garrett Mason	Law & Order "Mother's Milk"		Without a Trace "Confidence"		Hostile Waters ★★★ (1997) Rutger Hauer.		
	601	562	41 SLC	Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride (CC)		Tori & Dean: Home		Trading Sp
	520	505	42 DIS	Dirty Jobs		Daily Planet (CC)		Destroyed	Destroyed	Dirty Jobs		How It's Made
	522	506	44 HIS	NCIS "SWAK" (CC)		Outlaw Bikers "Hells Angels"		Ax Men "The Close Call"		NCIS "Twilight" (CC)		Crime Stories
	627	528	45 SPC	Rabbit Fall (N)	The Circuit	Stargate SG-1 "Fire & Water"		Lost "A Tale of Two Cities"		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	The Office	The Office	Frank TV (N)	Ellen's Even Bigger		Sex and-City	Sex and-City	Seinfeld	Frank TV
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	52 FN	Chef School	At the Table	Restaurant Makeover Lub.		Challenge Sugar showpieces.		The F Word		Chef School
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	320	621	60 CEN	Stone Thr	Cat Back	The Business of Being Born ★★★ (2007)			Dixie Chicks: Shut Up and Sing (CC)			Missionary
	581	566	101 MTV	Paris Hilton's My New BFF		MTV Live	After	Paris Hilton's My New BFF		Paris Hilton's My New BFF		MTV Live
	261	394	102 V	Life and Times-McLachlan		MythQuest "Isis and Osiris"		Bless-Father	On the Buses	Quantum Leap		Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Fringe
While investigating a string of bank robberies, Olivia, Walter and Peter (Anna Torv, John Noble, Joshua Jackson) find one of the suspects trapped inside a vault as if the wall had solidified around him, leading them to believe that a group of thieves has found a way to defy the laws of physics. And much to his chagrin, Walter realizes the thieves are after something of his in "Safe." 9:01 PM on FOX VI

Dixie Chicks: Shut Up and Sing
After lead singer Natalie Maines took U.S. President George W. Bush to task during a London performance, the Dixie Chicks found it challenging to be heard more for their melodies than their personal views — particularly since some radio stations refused to play them. Directed by Oscar winner Barbara Kopple and Cecilia Peck (Gregory's daughter), this 2007 documentary recalls how the Chicks persevered to keep their career going in the face of the backlash. 9:30 PM on CEN

Armani denied hotel buyout

Fashion designer Giorgio Armani has had his multimillion-dollar offer to purchase top London, England, hotel The Berkeley rejected. IMDB.COM

Celebrity Buzz

Hubby set to leave Winehouse

MARRIAGE Amy Winehouse's husband says he wants out of their marriage — for her sake, People.com reports.

"I have to let her go to save her life," Blake Fielder-Civil — who is currently in rehab after being released from jail in November — told a British newspaper Sunday. "I am not abandoning her. I am doing this out of love."

During the interview with the News of the World, Fielder-Civil also admits that he "introduced" the 25-year-old Winehouse to crack and heroin.

The former video production assistant — who wed Winehouse in 2007 — denies being after the singer's money and says he will not "fight her for anything."

Winehouse's U.K. spokesman, Chris Goodman, says he is unaware of anything formal underway to end the marriage.

Winehouse has not visited her husband at the rehab centre where he was sent as a condition of his early release. He spent almost a year behind bars after pleading guilty to charges of assault and attempting to pervert the course of justice.

Meanwhile, Goodman tells People that the singer remains hospitalized at a London clinic and is "doing fine." The rep says she is being seen as part of her ongoing medical care.

METRO NEWS SERVICES

No, Naomi's not getting married

MARRIAGE Naomi Campbell's representative has dismissed reports she's to wed her boyfriend, Vladimir Doronin, in a secret December ceremony in Russia, imdb.com reports.

Campbell sparked rumours of an engagement after she was pictured at a Moscow party sporting a large emerald sparkler on her ring finger.

British tabloids are now claiming Campbell is planning a small, low-key wedding, after reportedly inviting close friends and family to join the couple for a special Christmas vacation.

"Naomi asked them to save the date and be prepared to travel to Russia," a source tells the Sunday Mirror. "She's keeping tight-lipped about exactly what is happening — and has sworn everyone to secrecy."

Campbell's spokesman has denied the claims, saying, "She has no plans to be in Russia at that time."

METRO NEWS SERVICES

Hudson once 'stalked' a crush

DATING Kate Hudson once "stalked" a man she was desperate to date, and even recruited her friends to help her track the unwitting suitor down, imdb.com reports.

The actress confesses she was so obsessed with an unnamed bachelor, she tried to manipulate meetings in the hope he would ask her out.

She doesn't reveal if her tactics worked, but admits, "I did go through this stalker phase. I was completely crazy about this one guy and used to drive by his house and get my friends to call me up if they saw him in a restaurant so I could show up."

METRO NEWS SERVICES

Cruise admits to erratic behaviour

PEOPLE Tom Cruise was stunned by the barrage of criticism he received after his infamous couch-jumping interview with Oprah Winfrey but admits he could have "handled things better," female-first.co.uk reports.

The actor came under fire after his bizarre appearance on the daily talk show in 2005, as he jumped up and down on the sofa, declaring his love for new girlfriend Katie Holmes.

GETTY IMAGES

A whirlwind of bad press erupted following the incident, especially surrounding his links to the controversial Scientology faith and his comments against actress Brooke Shields' decision to take medication to battle her post-natal depression.

Cruise admits to Britain's Daily Mirror that his behaviour was bordering on erratic, and that he didn't "handle" the situations he found himself in with enough control.

"There are things that I could have done better. I could have handled things better," he says.

However, Cruise insists the negative press made their relationship stronger.

"Going through that stuff is not pleasant, and I think it hit an extreme, but Kate's a very sure and confident and strong woman. She gets it, you know."

METRO NEWS SERVICES

Bloom denies engagement

RELATIONSHIPS Orlando Bloom and his girlfriend Miranda Kerr have denied they are engaged following a flurry of rumours about an imminent wedding, imdb.com reports.

The actor was reported to have proposed to the model before jetting off on a romantic break in Venice last week.

But a representative for Kerr has refuted the claims, insisting the couple aren't planning on walking down the aisle any time soon.

"These rumours are not true," the rep tells People.com. "The story is completely false and misleading. Miranda herself has clearly stated she is not engaged. There is nothing else to be said."

The pair went public with their romance earlier this year.

Bloom has previously dated stars including Kate Bosworth and Kirsten Dunst.

METRO NEWS SERVICES

Diaz avoided ex's new flame Biel?

RELATIONSHIPS Cameron Diaz deliberately avoided Jessica Biel at the CNN Heroes: An All-Star Tribute, femalefirst.co.uk reports.

The actress rushed through the back entrance of Los Angeles' Kodak Theatre on Friday to avoid running into Biel who is dating Diaz's ex-boyfriend, singer Justin Timberlake.

"It was a careful tango to make sure they weren't backstage at the same time," a source said.

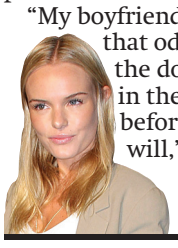
Diaz reportedly blew up at Biel at the 2007 Golden Globe Awards after she spotted her flirting with Timberlake soon after they had split.

METRO NEWS SERVICES

Dogs before men in Bosworth's bed

PEOPLE Actress Kate Bosworth would rather kick a man out of bed than disturb her beloved pooch Lila at night, imdb.com reports.

"My boyfriend found that odd ... (But) the dog will stay in the bed before the man will," she said.



METRO NEWS SERVICES

Love talks weight battle

HEALTH Courtney Love wanted to have a gastric band fitted, but was refused by doctors, female-first.co.uk reports.

The former Hole singer, who recently lost a dramatic amount of weight, prompting surgery rumours, admits she was keen to undergo the procedure after becoming depressed about her ballooning weight.

"Baby, if I could get a gastric band I would! I've heard it's a lot of vomiting and a pain in the a—, but it's still easier than a diet.

Love confesses she was turned down for the procedure, but went on to try liposuction on her stomach after that: "It was horrible and it didn't work."

METRO NEWS SERVICES

Can't believe I was fat: Lake

PEOPLE Ricki Lake has trimmed 140 lbs. from her all-time top weight of 270 pounds — and says she is holding steady, People.com reports.

"I can't believe I was a fat person for most of my life," the former talk show host said. "I didn't have surgery and I worked hard. There's no secret. I'm active. I watch what I eat."

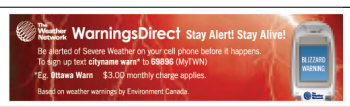
But she's certainly not immune to the pressure to stay thin.

"According to Hollywood standards, I'm not a thin girl," said the mom of two boys. "I don't want to perpetuate that obsession but yet I am also guilty of wanting ... to lose weight."

METRO NEWS SERVICES

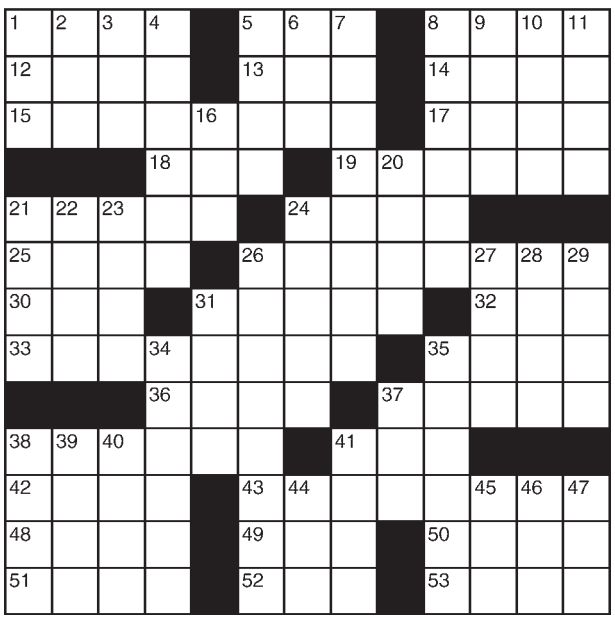
The Weather Network 20 YEARS
©The Weather Network 2008

Today Variable 9°/ 4°
Wednesday Partly sunny 6° / 0°
Thursday Sunny 5° / 1°



For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3	7	4		5			2
	9	5						4
8			6					
3	6				8			
	7	2				1	3	
			1				9	6
					1			9
1						6	5	
7			9		4	3	2	

Crossword across

1 Eastern potentate (Var.)
5 Snoop Dogg's genre
8 Lend a hand
12 Protuberance
13 Chicken-king link
14 October birthstone
15 Seeker of an honest man
17 Spanish artist Joan
18 Ovum
19 Mucilaginous
21 California city
24 MGM mascot
25 Suggestion
26 God of wine
30 Toward the stern
31 Foolish one
32 Unclose, in verse
33 Bishops' jurisdictions
35 — gin fizz
36 Cupid's specialty
37 Fair of hair
38 Guru
41 "—, a deer, ..."
42 Last notice
43 Dry ice and others
48 Parker House, e.g.
49 Very long time
50 Long cut
51 Elbow counterpart
52 Geneticists' abbr.
53 Promote in a big way

Crossword down

1 Moreover
2 Miss Piggy's pronoun
3 Altar affirmative
4 Sovereign's sub
5 Pealed
6 Pub order
7 Soap that debuted in 1999
8 Grits makeup
9 Grand story
10 Caprice
11 Stratagem
16 Id counterpart
20 Broadway award
21 Actor Everett
22 Stereo setup
23 Grooving on
24 Eye cosmetic
26 Mess
27 Unaccompanied
28 "Once — a time"
29 Progeny
31 "Finding —"
34 Bulls, oxen, etc.
35 Santa's transport
37 Carton
38 Robin Williams TV role
39 Black, to poets
40 Cleopatra's river
41 Lady of Spain
44 Charged bit
45 Rotation duration
46 Kreskin's claim
47 That girl

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

R	I	P	■	B	E	A	C	H	■	V	O	L
E	R	A	■	A	N	N	O	Y	■	A	D	O
V	A	L	E	N	T	I	N	E	■	L	O	B
■	■	■	K	A	I	■	I	N	S	U	R	E
A	D	V	E	N	T	■	C	A	N	A	■	■
M	O	A	■	A	L	A	■	S	A	B	L	E
I	L	L	S	■	E	G	G	■	P	L	O	T
S	L	I	T	S	■	A	R	P	■	E	O	N
■	■	D	A	T	A	■	A	L	A	S	K	A
D	R	A	G	O	N	■	C	A	R	■	■	■
O	U	T	■	V	A	L	K	Y	R	I	E	S
U	S	E	■	E	X	I	L	E	■	C	A	P
P	H	D	■	S	E	V	E	R	■	E	T	A

8	2	5	6	4	3	9	7	1
6	1	4	9	7	5	2	8	3
9	7	3	2	1	8	5	4	6
1	8	6	7	2	4	3	5	9
3	4	9	8	5	6	7	1	2
2	5	7	1	3	9	4	6	8
5	3	8	4	9	1	6	2	7
4	6	2	3	8	7	1	9	5
7	9	1	5	6	2	8	3	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Vegetable Primavera

INGREDIENTS:
8 oz (250 g) baby carrots
1 cup (250 mL) baby corn
8 oz (250 g) young thin green beans
Salt and black pepper
8 oz (250 g) baby or small zucchini
Small handful of fresh parsley or chervil
1 lb (500 g) fresh ricotta and spinach tortellini
1 tbsp (15 mL) olive oil
1/2 lemon
1 tbsp (15 mL) whole-grain mustard

METHOD:
1. Put a large pot of water and a kettle on to boil. Preheat oven to 250□F (121□C).
2. Trim carrots, corn and beans, and cut into short lengths (if large). Plunge vegetables into pot of boiling water, add salt, bring back to boil, then simmer for 4–5 minutes, until slightly crisp.
3. Meanwhile, trim zucchini. Cut baby zucchini in half lengthwise, small ones into slices, and set aside. Chop parsley.
4. Lift cooked vegetables from boiling water with slotted spoon, put into a bowl, and keep warm in the oven. Bring water back to a boil, adding more water from kettle if necessary. Add pasta and boil gently for 5–6 minutes.
5. Meanwhile, heat olive oil in a large pot. Add zucchini and fry, stirring continuously, for 2–3 minutes.
6. Squeeze lemon juice into zucchini, then add drained vegetables, mustard, and salt and pepper to taste. Toss gently.
7. Drain pasta and mix into the vegetables. Turn into a warmed serving dish, sprinkle parsley, and serve hot.

PER SERVING
537 calories, 25 g total fat, 13 g saturated fat, 52 g carbohydrate, 7 g fibre, 26 g protein
SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Set out to achieve the goal of a lifetime. Make your way to higher ground. A boss may try to set annoying limitations.

TAURUS
APRIL 21-MAY 21
You'll believe in miracles. An exceptional person says astonishing things. Someone doesn't understand what moves you.

GEMINI
MAY 22-JUNE 21
You've procrastinated for too long. Refuse to talk until you know the facts. A woman will remind you of an obligation.

CANCER
JUNE 22-JULY 22
Try to comfort a forlorn man. Break free of a repetitive relationship pattern. A difficult task must be mastered.

LEO
JULY 23-AUG 23
Unfair accusations become a cat-and-mouse game. A wish will be granted. Your opinions will frighten someone.

VIRGO
AUG 24-SEPT 22
Move away from a disrespectful youth. An older person seeks freedom. A simple task becomes too strenuous to perform.

LIBRA
SEPT 23-OCT 23
Be strongly principled and a problem will melt away. Hurt feelings result from a memory loss. Eliminate your resistance to good insights.

SCORPIO
OCT 24-NOV 22
Refuse to make decisions about your future. Remain calm when approached by an anxious female. Confirm that no mistakes have been made.

SAGITTARIUS
NOV 23-DEC 21
A persistent dream is a reminder. You may travel in the wrong direction. It's only a matter of time until a woman gives in.

CAPRICORN
DEC 22-JAN 20
Don't leave town for nostalgic reasons. You'll know whether a lie is being told. Save the money that you want to spend on treats.

AQUARIUS
JAN 21-FEB 18
Don't reject an impossible idea. Conflicting signals make you briefly hesitate. Be sure of your feelings before sharing them.

PISCES
FEB 19-MARCH 20
A spiritual quest forces someone to change their behaviour. Clichés will annoy an old busybody. A lack of foresight wrecks plans.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Get a prize of half a sawbuck (1)
2. Injured movie star Reynolds (1)
3. Coal pit's fork prongs (1)
4. Good-with-tools TV pundit Rooney (2)
5. Strew physical substance of the universe (2)
6. Broadway dancer Gwen's heavy woes (2)
7. On one's patellas handing out poker cards (2)

ANSWERS
1. WIN FIN 2. HURT BURT 3. MINES TINES 4. HANDY ANDY
5. SCATTER MATTER 6. VERDONS BURDENS 7. KNEELING DEALING

12-2-08

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